

# ALASKA POST

Home of the Arctic Warriors

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Fort Wainwright, Alaska

November 30, 2012



## FY 13 retention policy - now's the time to re-enlist

**Master Sgt. Eric Reinhardt,**  
U.S. Army Alaska PAO

If you're nearing the end of your Army enlistment, now's the time to re-enlist, according to U.S. Army Alaska's Command Career counselor.

For Fiscal Year 2013 which began Oct. 1, Soldiers with an

end-term-of-service, or ETS, date between Jan. 1, 2013 and Sept. 30, 2014 are in the re-enlistment window, according to Sgt. Maj. Casey Deardorff.

"[Soldiers] must talk to their unit career counselors to discuss their options," he said. "The window for re-enlistment closes 90 days prior

to a Soldier's ETS, so that's an important consideration for everybody to remember as they think about their re-enlistment options."

The Commander's Allocation Process, or CAP, is a program introduced this October and allows only a limited number of over-strength first-term

Soldiers to remain in their career fields. The CAP applies to 10 MOSs: 12B1, 19D1, 19K1, 25B1, 25Q1, 74D1, 88M1, 91D1, 92A1 and 92G1.

"The Army has a certain amount of slots where skill-level 1 Soldiers will be allowed to remain in their current MOS," Sgt. 1st Class Timothy Cameron

of the USARAK Retention Office said. "Once they hit that number, or that CAP, the remaining Soldiers in the Army will still be able to re-enlist, however they'll have to attend an MOS-producing school and change their MOS in order to re-list."

**See RETENTION on page 4**



(Photo illustration by Brian Schlumbohm/Fort Wainwright PAO)

## 2013 Scholarships for Military Children opens Dec. 3

**Tammy Reed,** DeCA marketing and mass communications specialist

In 2012 the Scholarships for Military Children Program celebrated a major milestone as it reached more than \$10 million in scholarships awarded to 6,742 students from around the globe.

It's time once again to add to these impressive numbers, as applications for the 2013 Scholarships for Military Children Program will be available starting Dec. 3 at commissaries worldwide. You can also find them online through a link at <http://www.commissaries.com> and directly at <http://www.militaryscholar.org>.

Scholarship awards will be based on funds available, but the scholarship program awards at least \$1,500 at each commissary. If there are no eligible applicants from a particular commissary, the funds designated for that commissary will be awarded as an additional scholarship at another store.

The scholarship program was created to recognize military Families' contributions to the readiness of U.S. armed forces and to celebrate the commissary's role in the military community.

"DeCA is focused on supporting a good quality of life for our military and their Families," said Defense Commissary Agency Director and CEO Joseph H. Jeu. "We do that by delivering a great commissary benefit, while our industry partners and public donations help the scholarship program

provide money for higher education to many worthwhile students."

To apply for a scholarship, the student must be a dependent, unmarried child, younger than 21 — or 23 if enrolled as a full-time student at a college or university — of a service member on active duty, reservist, guardsman, retiree or survivor of a military member who died while on active duty or survivor of a retiree. Eligibility is determined using the Defense Enrollment Eligibility Reporting System database.

Applicants should ensure that they, as well as their sponsors, are enrolled in the DEERS database and have current military ID cards. The applicants

must also be planning to attend or already attending an accredited college or university, full time, in the fall of 2013 or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants must submit an essay on a topic chosen by the Fisher House. The essay topic will be available Dec. 3 on <http://www.militaryscholar.org>. Applications must be turned in to a commissary by close of business Feb. 22, 2013.

The scholarship program is administered by Fisher House Foundation, a nonprofit organization that provides assistance to service members and their Families. Scholarship Managers, a national, nonprofit, scholarship-management services organization, manages and awards these military scholarships. If students have questions about the scholarship program application, call Scholarship Managers at 856-616-9311 or email them at [militaryscholar@scholarshipmanagers.com](mailto:militaryscholar@scholarshipmanagers.com).

No government funds are used to support the Scholarships for Military Children Program. Commissary vendors, manufacturers, brokers, suppliers and the general public donate money to fund the program. Every dollar donated goes directly to funding the scholarships.

FACEBOOK: Visit [www.facebook.com/YourCommissary](http://www.facebook.com/YourCommissary), DeCA's Facebook page, where you can post comments and share news, photos and videos.



## 'Hire a Veteran' campaign launched

**J.D. Leipold,** Army News Service

The Army's Warrior Transition Command unveiled its three-pronged Hire a Veteran education campaign plan Nov. 19.

The plan aims to help employers understand that wounded warriors can bring a wealth of leadership experience and skills to the table and to their bottom line.

"This campaign is about setting conditions, not just preparing our Soldiers for a new career as a veteran, but also preparing employers about this unique population who has so much to offer," said WTC Commander Brig. Gen. David J. Bishop in kicking off Warrior Care Month at the National Press Club.

"Our goal for this campaign is for employers to gain clarity on how well military skills translate to ci-

**See CAMPAIGN on page 3**

### WEEKEND WEATHER



**Friday**  
Mostly clear  
Highs around -14  
Lows around -35  
Light winds



**Saturday**  
Partly cloudy  
Highs around -25  
Lows around -35



**Sunday**  
Mostly cloudy  
Highs around -20  
Lows -30 to -35

### ANNUAL HOLIDAY TREE LIGHTING

Don't miss the Holiday Tree Lighting ceremony Wednesday, 5:30 to 8:30 p.m. at the Physical Fitness Center, Building 3709. The celebration includes a visit from Santa, ice skating, door prizes, children's activities and live music. For more information, call 353-7223.



### OFFICE CLOSURE

Army Community Service (ACS) and the Soldier and Family Assistance Center will be closed today, starting at 2:30 p.m. to attend a memorial service. Both facilities will reopen on Monday, at their normal times.

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SN/ BIRCHWOOD HOMES



Energy conservation – why it matters and how you can help

**Carrie McEnteer,**  
NEPA Branch chief DPW  
Environmental Division

**Ashish Agrawal,**  
Energy consultant,  
DPW Business  
Operations Division

The United States is currently the largest consumer of energy in the world. Each one of us consumes about 337 million British thermal units (Btu) per year. The Army’s strategy for energy conservation focuses on creating a culture of energy awareness. Each individual holds a responsibility for conserving energy. Energy conservation not only reduces our energy consumption and saves valuable financial resources, but it also reduces our carbon footprint. Conserving energy directly benefits the environment because a majority of our energy comes from fossil fuels which are responsible for emitting greenhouse gases, particulate matter and other chemicals which, when unregulated, can be harmful.

Conservation means “meeting our demand without wasting.” A few simple examples of “waste” include leaving the lights on when nobody is home, having open windows during the cold Alaskan winter months, allowing street lights to stay on during daylight hours and not utilizing a timer when plugging in your car.

Major energy conservation can be achieved by

eliminating “phantom loads” in our homes and offices. Phantom loads, also referred to as “stand-by loads,” are comprised of the energy demand associated with electronics or appliances such as TVs, DVD players and coffee pots that are allowed to remain plugged in to electrical outlets when not in use. It is estimated

that home electricity bills can be reduced between 5 and 10 percent just by eliminating these phantom loads. The use of a power strip is the easiest way to achieve this. Just flip a single switch when you leave the house. Nowadays, with the advancement in technology, one can even find a power strip that operates using

a remote control. Here are some additional simple energy saving tips that you can follow to help conserve energy:

- Avoid using electric heaters. The conversion efficiency from heat to electricity and back to heat is less than 20%. Use your thermostat to

control the temperature in your house.

- Use a programmable thermostat if your house is unoccupied during day times – keep it cool when no one is home.
- Keep your windows closed at all times during winter months.
- Report any steam leaks that you observe to DPW Customer Ser-

vice – 361-7069.

- Turn off computers at night. This not only saves energy but also extends the life of your computers.
- Unplug your printer if you are not using it for an extended time.
- Replace incandescent light bulbs with compact fluorescent light bulbs.
- Use automatic ON/OFF programmable timers when plugging in your car overnight. Your car only needs about 3 hours worth of electricity to warm up.
- Always buy “Energy Star” certified appliances. This designation not only refers to energy savings, but also ensures safety and reliability.
- Use your washers, dryers and dishwashers during time of “low load” at the power plant. These times are from 11 am to 5 pm, from 11 pm to 7 am, and during weekends. Utilize the “delay cycle” on your washer, dryer or dishwasher.

Small energy conservation changes made every day can lead to larger, long-term energy cost savings and consumption rates, further reducing the production of greenhouse gases and particulate matter.

Want to know more? Start with the U.S. Department of Energy’s Office of Energy Efficiency and Renewable Energy at <http://www.eere.energy.gov> and The Army’s Energy Program at <http://army-energy.hqda.pentagon.mil/vcsa.asp>.



(Photo Illustration by Brian Schlumbohm/Fort Wainwright PAO)

NWTC - some of the Army’s best training

**Command Sgt. Maj. Bernie Knight,**  
U.S. Army Alaska Command Sergeant Major

We talk a lot about U.S. Army Alaska Sol-

diers being “Arctic Tough.” There’s a reason for that. Training here doesn’t stop when the snow falls and temperatures fall below zero. Operating

in cold weather and extreme conditions is just part of what USARAK Soldiers do. For example, any new NCO who has attended the Warrior Leader

Course during an Alaskan winter can tell you, the course’s field training exercise develops a cold-weather knowledge as much as it does leadership skills. The same holds true for unit training and exercises. If you can safely and successfully conduct operations and lead Soldiers in cold weather and mountainous terrain, you’re well prepared to meet any challenge anywhere the Army takes you. We are fortunate that our command is home to the Army’s only cold region training proponent – the Northern Warfare Training Center, at Black Rapids Training Site located in Interior Alaska. NWTC isn’t just for USARAK Soldiers, it’s the Army’s premiere cold-weather and mountaineering school.

The school gives leaders the skills and knowledge to successfully conduct operations in a cold, snow-covered environment and mountainous terrain. Most importantly, NWTC trains you to conduct those operations safely - without cold-weather injuries - by learning to use your equipment properly and incorporating effective risk management procedures in everything you do. In recent years the NWTC’s mountaineering and cold-weather courses have given Soldiers the skills and knowledge to handle Afghanistan’s rocky terrain and use those harsh conditions to their advantage. It also gives Soldiers confidence in their issued cold-weather equipment. Once the students learn how to fully use it

and put it to the test, they soon see how well it actually works. NWTC’s carefully chosen instructors have trained units from across the Army, Marines, Navy and the Special Forces community and have rightly earned NWTC a world-class reputation for quality training. Our instructors live what they teach and they love what they do. Off duty, you’ll find them skiing, climbing glaciers and mountains, including Denali. Whether you’re attending one of the NWTC’s cold-weather courses in the winter, or a mountaineering course in the summer, know that this is some of the best training the Army has to offer. Take full advantage of it - both you and the Army will benefit.



Basic Mountaineering Course students stay roped together as they traverse across the Gulkana Glacier deep in Alaska’s back country. The Northern Warfare Training Center course teaches crevasse rescue techniques, teamwork, safety and cold weather survival. (File photo)

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The ALASKA POST – Home of the Arctic Warriors



# Campaign: Warrior Transition Command unveils plan

Continued from page 1

vilian employment and that post-traumatic stress disorder and traumatic brain injury, known as PTSD and TBI, are treatable conditions which are not unique to the military and most individuals affected go on to lead successful productive lives,” he said.

Bishop also noted that the campaign also hopes to get across to would-be employers that, “reasonable accommodation for wounded warriors is not difficult, not expensive, nor a burden when compared to the incredible value our wounded warriors bring to the civilian workforce given their unique training and experience.”

To get those messages across to the civilian workforce, the WTC formed a partnership with The Society for Human Resource Management, or SHRM, the world’s largest association devoted to human resource management and Orion International, the country’s largest military re-

cruiting firm, to produce a 10-minute video that addresses these top three misperception, the obstacles and solutions.

The video and an online toolkit are available for download and distribution to HR professionals and employers at *www.WTC.Army.mil*.

“Hire a Veteran -- Obstacles & Solutions” features the stories of Soldiers who spent more than six months with a Warrior Transition Unit recovering from severe wounds, illness or injuries and how they pulled themselves up and out into the civilian workforce.

One of those Soldiers, medically retired Staff Sgt. Paul “Rob” Roberts suffered second and third degree burns and other severe injuries including TBI from an improvised explosive device that destroyed his vehicle and killed two Soldiers and an Afghan interpreter in June 2009.

While he was recovering in a Warrior Transition Battalion he worked on his resume with the Soldier Family Assistance Center eventually se-

curing an internship with the Drug Enforcement Administration where he worked until he was medically retired from the Army in January 2012.

“The internship with the DEA taught me that even though I’m a little bit slower, I’m still a valued part of the team, that my experience in the Army is what makes me valuable and that I still have the ability and desire to learn,” he said.

After attending several job fairs at Fort Belvoir, Va., Roberts received several job offers, but took a position with the FBI.

“I can’t really give details on my new job, but I can tell you that the skills I learned in the Army such as leadership, situational awareness, analysis and attention to detail transition perfectly into my new job,” he said.

Tim Isacco, Orion chief operating officer said his organization since its founding in 1991 has found careers for more than 17,000 former enlisted service members and an

additional 12,000 officers.

“Of the nearly 100 data points we track on every veteran job seeker, we have never kept record of whether or not our veterans are disabled,” he said. “Why? It’s never been relevant. Our clients appreciate the true value a veteran brings to their workforce, regardless of the presence or absence of a disability.”

Isacco added that it was vital for corporate America to realize that while all veterans are trained within a military occupation that contain specific training and qualifications, veterans he said, universally possess many soft skills -- tireless work ethics, the ability to do more with less and proven performance under extreme duress -- and that makes veterans invaluable.

SHRM chief human resources and strategy officer Jeff Pon said his 260,000 members from businesses large and small across the nation were working to demystify and destigmatize PTSD.

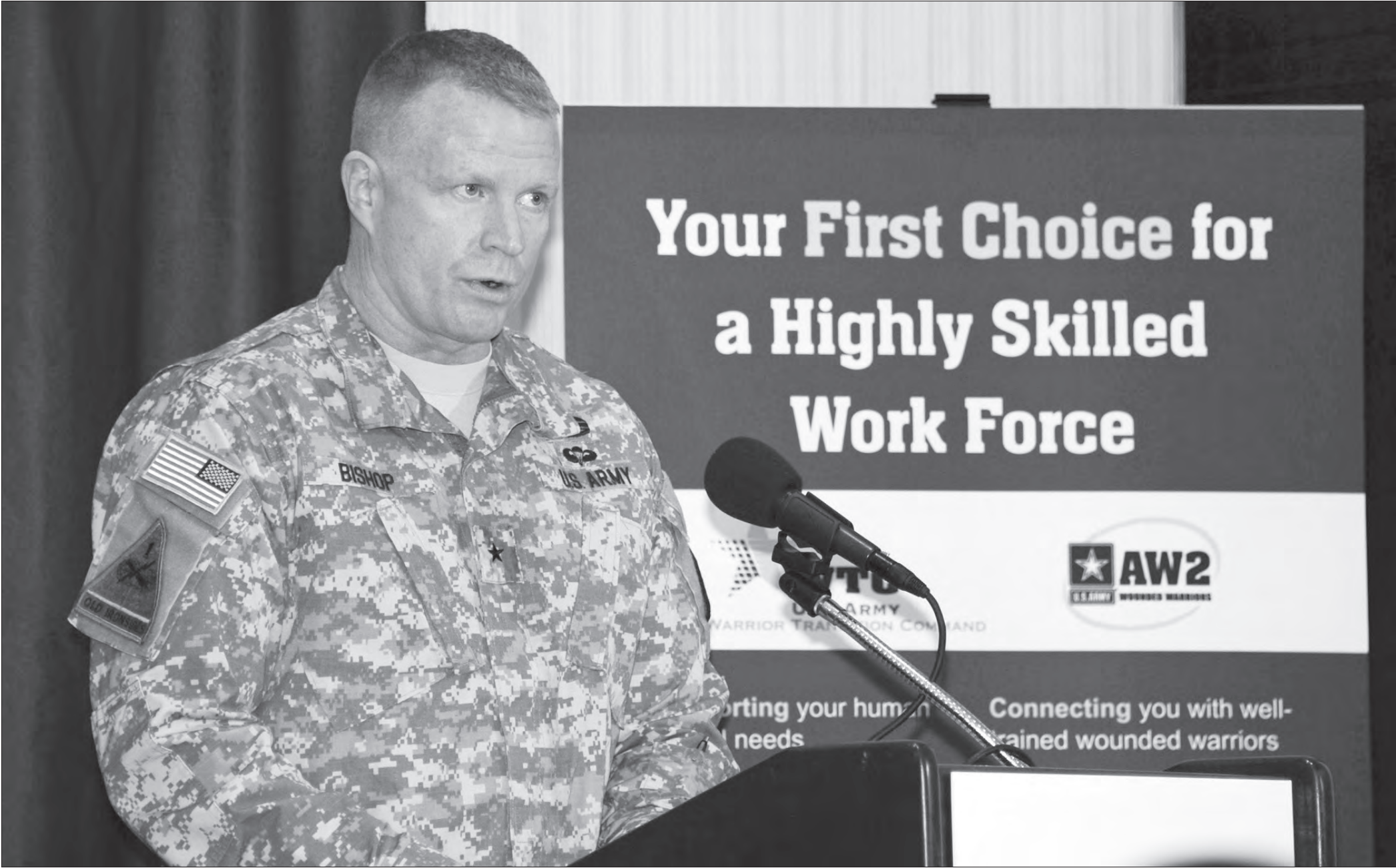
“Forty-six percent of SHRM

survey respondents said PTSD or other mental health issues are a challenge when hiring veterans,” he said. “And, 61 percent believe that accommodating works with disabilities such as PTSD or traumatic brain injury required more effort on the employer -- but 83 percent said it was worth it.”

Pon said that 83 percent figure signified awareness and education that can help demystify PTSD.

“Part of what SHRM is helping employers understand that not every veteran suffers from PTSD,” he said. “Like many mental disabilities, you can’t easily see or recognize PTSD, so it’s misunderstood. More needs to be done in general to demystify mental disabilities, whether it’s PTSD, autism or depression.”

Still, two-thirds of the employers surveyed by SHRM said they had hired veterans within the past 36 months -- a significant jump from 2010 when just over half of organizations said they had done so, he said.



Brig. Gen. David J. Bishop, commander of the Warrior Transition Command, unveiled its three-pronged ‘Hire a Veteran’ education campaign plan, Nov. 19, 2012, which aims to help employers understand that wounded warriors can bring a wealth of leadership experience and skills to the table and to their bottom line. (Photo by J.D. Leipold/Army News Service)

## Soldier and Family appreciation potluck



Chef Jameson Kapec, a volunteer from the Born Again Believers in Christ prepared beverages for Soldiers and Family members during an appreciation potluck dinner at the Physical Fitness Center on post Wednesday. More than three-hundred people attended the event. Jameson also cooked a large pot of caribou stew. Although there were several sponsors, the evening was hosted by the United States Army Garrison Fort Wainwright Native Liaison Office and the Medical Department Activity-Alaska. (Photo by Allen Shaw/Fort Wainwright PAO)

<https://www.facebook.com/FortWainwrightPAO>



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AP/AP-SAKE NIGHT  
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# VOW to Hire Heroes Act now in effect

Trish Muntean,  
Fort Wainwright PAO

The program for transitioning Soldiers is in transition itself as the VOW to Hire Heroes Act of 2011 went into effect Nov. 21, making the Army Career and Alumni Program a commander’s program.

“At the present time, what is happening is that IMCOM and ACAP are working very diligently to get the notification out to the commanders that it has officially become a commander’s program,” said Kalah Gilbreath, Army ACAP manager for Fort Wainwright.

The changes to the program direct commanders at all levels of the Army to ensure that all Soldiers begin their transition as soon as they know they are getting out and continuing until they are discharged. This includes Soldiers being chaptered. Gilbreath said that in time a transition service council will be established, where each unit will have a representative to help track their Soldiers that are transitioning out.

For the present time though “the biggest impact that it is going to have is that Soldiers who are transitioning are used to being able to come in, get their ACAP done and then be done,” Gilbreath said. However, as of Nov. 21, once the VOW act became law, there is now mandatory participation in the Department of Labor workshop, mandatory participation in the Veteran’s Administration brief and mandatory participation in the financial readiness class before a Soldier can clear the installation.

Eventually all ACAP classes will be mandatory, but for right now it is just those few and when they are complete the Soldier will have a working budget and a resume. ACAP can also do classes for larger groups to help translate their military occupational specialty into terms suitable for a civilian resume.

Because some of these classes are booked weeks in advance, Gilbreath said it is essential for Soldiers to come to ACAP as soon as they know they are going to transition so they



Some of the work that needs to be done during the transition prior to leaving active duty can be done from a computer as long as you know your Army Knowledge Online password. For more information go to the Army Career and Alumni Program website: [www.acap.army.mil](http://www.acap.army.mil). (File photo by Brian Schlumbohm/Fort Wainwright PAO)

can get their pre-separation counseling done as well as their initial counseling. Some of this can be done from home if Soldiers know their AKO password and make use of the 24-hour call center.

Once this is accomplished, the Soldier will sit down with a counselor and discuss future plans such as if they plan to attend school, if they intend to go directly into the civilian work force, or what they are going to do after they hang up their uniform. What is available for them in the area they choose to live?

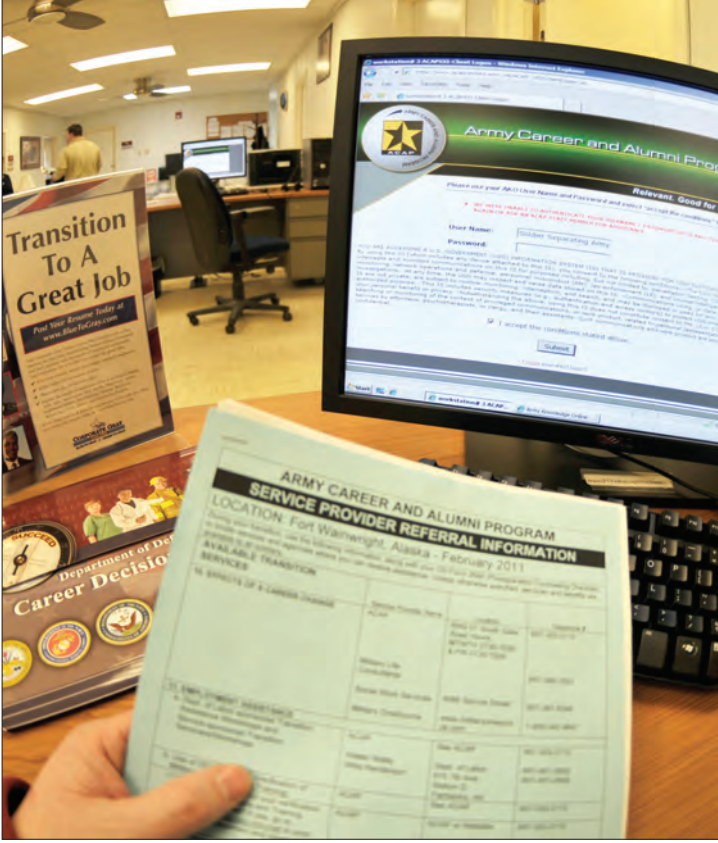
After that the next step is to start getting a resume together (something that takes more than a day) and there

is a financial counselor to talk to Soldiers about debt, how to read a credit report, etc.

Gilbreath said ACAP wants to prepare Soldiers for the challenges that come in civilian life since after the Army there is no one to fall back on.

In addition to these services, those who think they may have any sort of service-related disability are encourage to meet with Tom Hutto, at the Soldier and Family Assistance Center (located at the Warriors in Transition Unit office complex) who can give more information on what programs these Soldiers may be eligible for.

Gilbreath said Hutto is up to date on what programs Soldiers with service-related disabilities may be eligible for and works very closely with VA. Warriors in Transition who are in need of services that can’t be accessed at their location should contact ACAP for assistance. There will be an ACAP counselor located at the WTU on a full-time basis sometime during the next few months. ACAP works, but it takes time and the service member has to understand the success of life after active duty depends on the preparation that goes into it before transitioning, she said. For more information call 353-2113.



Now that the VOW act has taken effect there are several required classes before getting out of the Army, including: mandatory participation in a Department of Labor workshop, attendance in a veteran’s administration brief and participation in a financial readiness class. (File photo by Brian Schlumbohm/Fort Wainwright PAO)

The Army Career and Alumni Program has many ways to assist a Soldier transitioning from military life, including providing reading for independent study. (File photo by Brian Schlumbohm/Fort Wainwright PAO)

# Retention: See career counselor for options

Continued from page 1

It’s important to re-enlist as soon as possible to take advantage of the CAP, according to Cameron.

“Understand that there’s a limited number of Soldiers that can re-enlist to stay in that MOS,” he said. “If you wait, you might have to reclassify into another MOS.”

Re-enlistment options

Amid talk of personnel reductions, the pace of retention at USARAK has been holding steady, according to Deardorff. The Army will downsize by the end FY 2017 to an end-strength of about 490,000 Soldiers

“The retention process continues though,” he said. “We’re still re-enlisting similar numbers as we have for the past

couple of years.”

“We have the best quality force of any army in the world. Our Soldiers continue to achieve the highest level of professionalism and military expertise gained through 12 years of combat experience,” Deardorff said.

However, he noted, Soldiers must be aware that there is a renewed focus on discipline and standards and those unable to meet basic standards of [physical readiness training], weight control, and personal conduct will not have the privilege of reenlisting.

“As long as a Soldier is doing the right things to maintain eligibility”, he said, “he or she should be able to re-enlist.”

Every Soldier’s circumstance is different, so it’s important

to discuss your options with your unit career counselor, according to Sgt. 1st Class Teddy Fortenberry II of the USARAK Retention Office.

“You could have two Soldiers with identical MOSs and identical ETS dates and all the options are different,” Fortenberry said.

Factors include the strength of the Soldier’s MOS, skill level, time in service, and date eligible for return from overseas, or DEROS, date.

“They just need to see their career counselor to determine exactly what options are available for them,” Fortenberry said.

### Staying in Alaska

Re-enlisting to stay in Alaska is a popular option for many Soldiers stationed here, accord-

ing to Cameron.

Soldiers interested in staying in Alaska can re-enlist for current station stabilization, which gives them up to 12 months of stabilization from their current DEROS. Eligibility is based on MOS, skill level and time in service.

Another option for Soldiers desiring to remain in Alaska is to submit a request though his or her unit’s personnel section for an In-Place Consecutive Overseas Tour, or for a Foreign Service Tour Extension.

“If approved, U.S. Army Pacific policy allows a Soldier to stay in Alaska for up to six years,” Cameron said.

“Soldiers interested in that should see their unit’s personnel section,” he said. “If you like it here, that’s a way you can stay here.”

### Constant change

Army re-enlistment rules change often, based on the Army’s personnel requirements, so if the option that interests you is currently available, re-enlist as soon as possible and for as long as possible, Cameron advises.

“If you’re in the re-enlistment window and plan to make the military a career, you should re-enlist for the maximum time allowed, because you don’t know what’s going to happen in three months, six months or a year.

For more information on Army retention policies and procedures, Soldiers should contact their unit career counselor for policy and processing guidance.



# Thankful for family, friends, food and football: That’s what I’m talking about

Allen Shaw, Fort Wainwright PAO

It was definitely a weekend for over-indulgence, starting Thanksgiving Day with plenty of leftovers holding us over through Monday. There was food, but there was plenty of National Football League and that’s what I’m talking about.

It all started with a good old-fashioned barn-burner between the Detroit Lions and Houston Texans. There was hitting, throwing, running and flags flying throughout the game. Lions quarterback Matthew Stafford passed for 441 yards and two touchdowns, while Texans QB Matt Schaub threw for 315 yards and one touchdown. Detroit ran in two more TDs and Houston ran in three. It was an absolute score-fest that ended with Shayne Graham’s 32-yard field goal in overtime to give the Texans a 34-31 victory. It was Houston’s second consecutive overtime win.

In an annual turkey day football feast, the Washington Redskins battled the Dallas Cowboys. Red-hot Redskins QB and former Heisman Trophy winner from Baylor, Robert Griffin III,

completed 20 of 28 passes for 311-yards and four touchdowns. Cowboy quarterback Tony Romo had a respectable 441 throwing yards and three touchdowns, but RG3 and the Skins captured the 38-31 win.

In the third of the holiday games the New England Patriots feasted big-time on the listless New York Jets, 49-19. The Pats were clicking on all cylinders and the Jets couldn’t even get off the ground.

On Sunday the Chicago Bears beat the Minnesota Vikings 28-10, the Cincinnati Bengals defeated the Oakland Raiders 34-10 and the Cleveland Browns earned their third win of the season against the Pittsburgh Steelers 20-14.

In an ultra-classy move, two of the Indianapolis Colt cheerleaders, Megan and Crystal Ann, shaved their gorgeous long locks of hair in front of the crowd in support of ailing head coach Chuck Pagano who was recently diagnosed with leukemia. Pagano, who was in the owner’s booth watching the game, stood, patted his chest several times and mouthed the words “thank you.

” Many members of the team have already done the same to help raise money for cancer research. That’s what I’m talking about. In addition to the heart-felt gesture, his Colts defeated the Buffalo Bills 20-13.

The Jacksonville Jaguars powered past the Tennessee Titans 24-12, the Denver Broncos beat the Kansas City Chiefs 17-9 and the Miami Dolphins slipped by the Seattle Seahawks 24-21.

Atlanta Falcons quarterback Matt Ryan overcame two big turnovers and led his team to a late touchdown drive narrowly defeating the Tampa Bay Buccaneers 24-23. The win allowed the Falcons to keep pace with the Houston Texans, staking claim to the best record in the NFL with 10-wins and only one loss.

A 38-yard Justin Tucker field goal in overtime lifted the Baltimore Ravens over the San Diego Chargers 16-13.

The St. Louis Rams hammered the Arizona Cardinals 31-17; the San Francisco Forty-niners defense helped their team defeat the New Orleans Saints 31-21 and the New York Giants got back








on track beating the Green Bay Packers 38-10. Giants QB Eli Manning passed for 249 yards and three touchdowns to help secure the Sunday night victory.

On Monday, in spite of a record 178 yards rushing by Eagles rookie running back Bryce Brown, the Carolina Panthers cruised past Philadelphia 30-22.

It turned out to be a fairly decent week for most of the Fort Wainwright football prognosticators, keeping things interesting overall. Bear lead the pack with 12 wins and four losses, followed by A-Team who posted 11 and five. Brain and Jones Bros each had 10 and four, Tate and Urbi had eight and seven, while BrowBrose Salsa tripped, picking only seven winners.

As it stands right now, Urbi has a lock on last place, with Tate and BrowBrose Salsa poised to make a move but stuck in a rut of good week-bad week. Bear has steadily pulled out of hibernation; Jones Bros and Brain keep hanging around the top, while A-Team enjoys a two-game lead overall. I love it when a plan comes together and that’s what I’m talking about.

## Prognosticators – football predictions for fun and braggin’ rights

						
<b>A-Team</b>	<b>Brain</b>	<b>Browbrose Salsa</b>	<b>Bear</b>	<b>Urbi</b>	<b>Jones Bros</b>	<b>Tate</b>
(120W-55L-1T)	(118W-57L-1T)	(113W-62L-1T)	(116W-59L-1T)	(96W-78L-1T)	(116W-58-L-1T)	(108W-66L1T)
NO @ ATL	NO	NO @ ATL	NO @ ATL	NO @ ATL	NO @ ATL	NO @ ATL
SEA @ CHI	SEA	SEA @ CHI	SEA @ CHI	SEA @ CHI	SEA @ CHI	SEA @ CHI
HOU @ TEN	HOU	HOU @ TEN	HOU @ TEN	HOU @ TEN	HOU @ TEN	HOU @ TEN
NE @ MIA	NE	NE @ MIA	NE @ MIA	NE @ MIA	NE @ MIA	NE @ MIA
JAC @ BUF	BUF	JAC @ BUF	JAC @ BUF	JAC @ BUF	JAC @ BUF	JAC @ BUF
IND @ DET	DET	IND @ DET	IND @ DET	IND @ DET	IND @ DET	IND @ DET
CAR @ KC	CAR	CAR @ KC	CAR @ KC	CAR @ KC	CAR @ KC	CAR @ KC
MIN @ GB	GB	MIN @ GB	MIN @ GB	MIN @ GB	MIN @ GB	MIN @ GB
SF @ STL	SF	SF @ STL	SF @ STL	SF @ STL	SF @ STL	SF @ STL
AZ @ NYJ	AZ	AZ @ NYJ	AZ @ NYJ	AZ @ NYJ	AZ @ NYJ	AZ @ NYJ
TB @ DEN	DEN	TB @ DEN	TB @ DEN	TB @ DEN	TB @ DEN	TB @ DEN
PIT @ BAL	BAL	PIT @ BAL	PIT @ BAL	PIT @ BAL	PIT @ BAL	PIT @ BAL
CIN @ SD	SD	CIN @ SD	CIN @ SD	CIN @ SD	CIN @ SD	CIN @ SD
CLE @ OAK	OAK	CLE @ OAK	CLE @ OAK	CLE @ OAK	CLE @ OAK	CLE @ OAK
PHI @ DAL	DAL	PHI @ DAL	PHI @ DAL	PHI @ DAL	PHI @ DAL	PHI @ DAL
NYG @ WAS	NYG	NYG @ WAS	NYG @ WAS	NYG @ WAS	NYG @ WAS	NYG @ WAS

# Cut your own Christmas tree

Staff Report,  
Environmental Natural  
Resource Office

If you plan to display a live Christmas tree this year why not cut it yourself? Fort Wainwright Natural Resources offers free Christmas tree-cutting permits. Christmas tree permit holders are allowed to

cut one tree per household. Christmas tree-cutting permits can be obtained at the Directorate of Public Works Environmental Natural Resource Office, Building 3023, weekdays 8 a.m. to 4:30 p.m. A Recreational Access Permit card is also required in order to access the areas for tree-cutting. You can obtain

a Recreational Access Permit online at [www.usartrak.com](http://www.usartrak.com), or in person at the Fort Wainwright Natural Resource, Fort Wainwright Visitor Center, Fort Greely Visitor Center or the Donnelly Training Area Natural Resource Office in the hangar at Allen Army Airfield on Fort Greely.

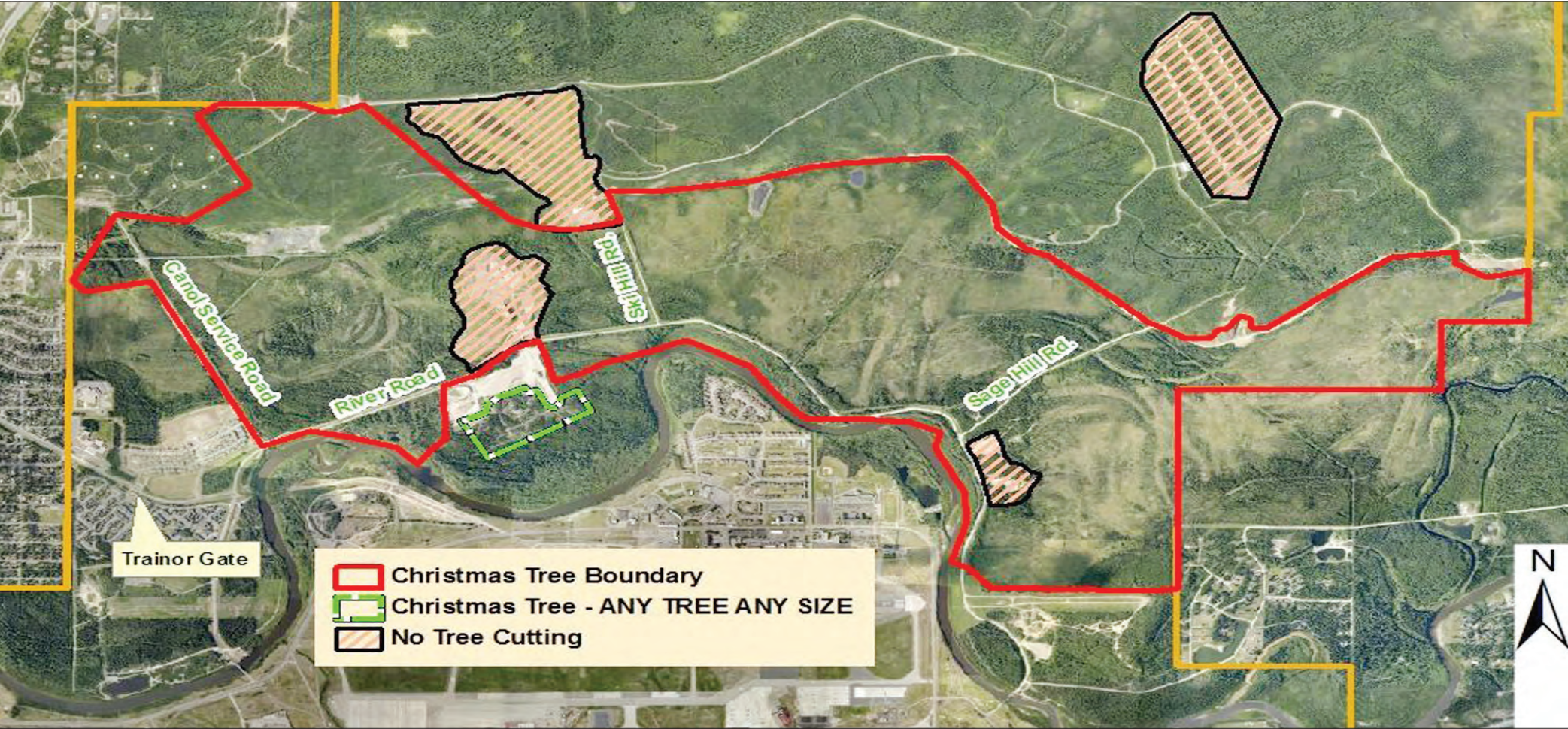
A couple of helpful hints

before you go out to cut your tree: bring an old tarp to wrap the tree during transport. The tarp will help to protect the tree from broken branches and other damage. The tarp can also help prevent wind damage on the trip home.

To help keep a tree fresh once it arrives home, cut two inches from the bottom and

place it in water. Try to avoid setting your tree up near sources of heat (fireplaces, heaters, heat vents or direct sunlight). Lowering the room temperature will slow drying and result in less water consumption.

For more information, please call Natural Resource Office, 361-4539 or 361-9687.



Much of the Christmas tree-cutting areas on Fort Wainwright will be accessible by Canol Service Road, River Road and Sage Hill Road. More information and detailed explanation of map boundaries will be available at the Environmental Natural Resource Office, Building 3023, when picking up Christmas tree-cutting permits. (Illustration by Fort Wainwright Environmental Natural Resource Office)



Friday – 30th

**FAME FITNESS SESSIONS**, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

**FAME FITNESS SESSIONS**, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

**STORY HOUR THEMES: DAY OF THE DEAD**, 4 p.m., Post Library, Building 3700. Call 353-2642.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Saturday - 1st

**ICE CLIMBING**, 7 a.m., Outdoor Recreation Center, Building 4050. Cost is \$25. Call 361-6349.

**SNOWMACHINE THE WHITE MOUNTAINS**, 8 a.m., Outdoor Recreation Center, Building 4050. Call 361-6349. Cost is \$75/pp.

**GROUP CYCLING CLASS**, 10 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

**YOGA FOR ATHLETES**, 11 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

**ZUMBA FITNESS CLASS**, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

**CHESS CLUB**, 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

**POOL TOURNAMENT**, Registration starts at 6 p.m. and play begins at 7 p.m., The Warrior Zone, Building 3205. Open to all DoD cardholders 18 and older. 353-1087.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**BOSS HAWAII TRIP**, Dec 1-5, Open to all BOSS members age 21+. Call 353-7648.

Sunday – 2nd

**NFL DIRECT TV PACKAGE**, 9 a.m., The Warrior Zone, Building 3205. Open to DoD cardholders age 18 and older. Call 353-1087.

**CATHOLIC SERVICES**, 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

**GOSPEL SERVICES**, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call **353-9825**.

**PROTESTANT SERVICES**, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, Building 3430. Call 353-9825.

Monday – 3rd

**CORE TRAINING**, 5:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

**ROMP AND STOMP PLAYGROUP: COMMUNITY RESOURCES**, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

**FAME FITNESS SESSIONS**, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

**FAME FITNESS SESSIONS**, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

**GROUP CYCLING CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**ZUMBA FITNESS CLASS**, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

Tuesday – 4th

**GROUP CYCLING CLASS**, 6:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

**FIT MAMA PREGNANCY GROUP**, 11 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

**HOOR OF POWER GROUP STRENGTH CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**GROUP CYCLING CLASS**, 5 p.m. Physical Fitness Center, Building 3709. Call 353-7223.

**YOGA FOR ATHLETES**, 6 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

Wednesday – 5th

**CORE TRAINING**, 5:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

**FAME FITNESS SESSIONS**, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

**FAME FITNESS SESSIONS**, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

**GROUP CYCLING CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**MULTICURTURAL STORY HOUR: FRANCISI**, 4:30 p.m., Post Library, Building 3700. Call 353-2642.

**TURBO KICK**, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

**HOLIDAY TREE LIGHTING CEREMONY**, 5:30 – 8:30 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

Thursday – 6th

**GROUP CYCLING CLASS**, 6:30 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

**HOOR OF POWER GROUP STRENGTH CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**LUNCH SKI AND SOUP**, noon, Outdoor Recreation Center, Building 4050. Cost is \$5. Call 361-6349.

**GROUP CYCLING CLASS**, 5 p.m. Physical Fitness Center, Building 3709. Call 353-7223.

**YOGA FOR BEGINNERS**, 6 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

**ZUMBA FITNESS CLASS**, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

**HOLIDAY WINE TASTING**, 5 to 7 p.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Friday – 7th

**BOSS CHENA HOT SPRINGS SNOWMACHINE TRIP**, 9 a.m., Open to all BOSS members. Call 353-7648.

**FAME FITNESS SESSIONS**, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

**FAME FITNESS SESSIONS**, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

**EMOTION COACHING**, 11:30 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7713.

**ACS TREE TRIMMING**, 1 p.m., Army Community Service Building 3401. Call 353-4227.

**STORY HOUR AND CRAFTS: NATIONAL MINER’S DAY**, 4 p.m.,. Post Library, Building 3700. Call 353-2642.

**PARENT APPRECIATION DINNER**, 6 – 8 p.m., Youth Center, Building 4109. Call 361-5437.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-4137.

Saturday – 8th

**SNOWMACHINE SAFETY COURSE**, 9.a.m., Outdoor Recreation Center, Building 4050. Call 361-6349.

**WOMEN IN THE WILDERNESS SNOWSHOE AND SOAK**, 9.a.m., Outdoor Recreation Center, Building 4050. Cost is \$20. Call 361-6349.

**GROUP CYCLING CLASS**, 10 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

**YOGA FOR ATHLETES**, 11 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

**ARMY VS NAVY FOOTBALL GAME**, 11 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**BOSS BIRCH HILL SKI/SNOWBOARDING TRIP**, noon, Open to all BOSS members. Call 353-7648.

**ZUMBA FITNESS CLASS**, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

**SNOWMACHINE SAFETY COURSE**, 1.p.m., Outdoor Recreation Center, Building 4050. Call 361-6349.

**BOSS WINTER BLOCK PARTY**, 3 p.m., Open to all BOSS members. Call 353-7648.

**CHESS CLUB**, 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

**GINGERBREAD HOUSE COMPETITION**, 5 p.m., Youth Center, Building 4109. Call 361-5437.

**TEXAS HOLD’EM TOURNAMENT**, Registration starts at 6 p.m. and play begins at 7 p.m., The Warrior Zone, Building 3205. Open to all DoD cardholders 18 and older. 353-1087.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**Sunday –9th**

**NFL DIRECT TV PACKAGE**, 9 a.m., The Warrior Zone, Building 3205. Open to DoD cardholders age 18 and older. Call 353-1087.

**CATHOLIC SERVICES**, 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

**GOSPEL SERVICES**, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call 353-9825.

**PROTESTANT SERVICES**, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, Building 3430. Call 353-9825.

Laser tag arena gets a new face



Shawn Johnson, manager of the Last Frontier Community Activity Center watched over the renovations of the laser tag arena there earlier this week. The laser tag arena was built six years ago and according to Johnson the community is a huge supporter of the facility with it being used by Soldiers and their Families, family readiness groups and military units. The laser tag arena will reopen today, with a grand reopening scheduled for January. (Photo by Trish Muntean/Fort Wainwright PAO)



COMMUNITY OF FAITH  
ADVENT EXPERIENCE

Come enjoy this family event for all ages. There will be craft-making, hot cocoa and cookies. Activities are set for 2 to 5 p.m., Saturday at the Last Frontier Community Activity Center, Building 1044. Crafts include Advent offering box, Mouse Christmas ornaments, Jesus in a manger, silhouette nativity scene and much more. For more information call the chapel’s volunteer coordinator, (907) 687-7095.

SCHOOL BAZAAR

A holiday bazaar is slated for Saturday at Ticasuk Brown Elementary School. More than 30 national and local vendors will offer their wares at the bazaar. The bazaar will take place 10 a.m. to 4 p.m. Attendees may also bring donations for a Fairbanks-area toy drive, if interested. For more information call 488-3200 ext. 115.

FIREWORKS BAZAAR

The North Pole Chamber of Commerce hosts an annual Winterfest Bazaar in the North Pole mall 10 a.m. to 5 p.m, Saturday. There will be local holiday crafts, baked goods, jewelry, toys and other wares at the bazaar. The free fireworks show begins at 5 p.m. in the parking lot.

FORT WAINWRIGHT’S  
ICE RINK SURVEY

The purpose of this 11-question survey is to understand the recreational impacts of converting the existing Fort Wainwright ice rink, located in the Physical Fitness Center, Building 3709, into an alternative fitness facility. To participate in the survey go to [https://www.surveymonkey.com/s/ftwa\\_ice\\_rink](https://www.surveymonkey.com/s/ftwa_ice_rink).

BIRCH HILL SKI AND  
SNOWBOARD AREA

The Birch Hill Ski and Snowboard Area is open for use. The lift will close when temperatures are 20-below zero or colder for safety reasons. Regular Rates: Family Pass, \$525; Adult Pass age 18 and older \$250 and Youth Pass, ages 17 and younger, \$195. More information can be found on their Facebook page, search *BirchHillFtWW*.

FOR YOUR HEALTH

Active duty weight control classes are offered at 8 a.m., the first Wednesday of every month at the Bassett Army Community Hospital, third floor conference room. For more information call 361-5146. A weight management program for veterans, VA MOVE, is offered the first Thursday of every month with the Veterans Administration Clinic. Call 361-6370 ext. 1 for more information or go online at [www.move.va.gov](http://www.move.va.gov).

PROTESTANT WOMEN  
OF THE CHAPEL

Calling all ladies: the Protestant Women of the Chapel’s fall semester is in full swing. PWOC meets Thursdays from 9:30 to 11:30 a.m. at Northern Lights Chapel, Building 3430. Join Fort Wainwright community ladies for great food and fellowship. Childcare and a home-school room is available. PWOC also meets for an evening Bible study Wednesdays along with a spaghetti dinner starting at 5:30 p.m. at Northern Lights Chapel. For more information go to Facebook and search ‘PWOC Fort Wainwright’ or email at [wainwright@pwoc.org](mailto:wainwright@pwoc.org).

EMPLOYEE INSURANCE

Federal employees are encouraged to review health, vision and dental coverage during open season. Employees may also initiate or make changes to their flexible spending accounts during open season through Dec. 10. The annual open season gives federal employees and retirees the opportunity to review their health plan choices and make changes for the following year. It also allows eligible employees to enroll for coverage. Federal Employee Health Benefits Program eligible employees and enrollees should review the benefits and premiums for their health plan choices and decide what coverage will best fit their healthcare needs in the coming year. Stop by the health fair or contact the Civilian Personnel Advisory Center for more information.

DECEMBER EVENTS

The 9th Army “Arctic Warrior” Band’s annual holiday concert is slated for 7 p.m., Dec. 18 at the Hering Auditorium. From old standards to children’s songs and new, chart-topping hits, the band can perform it all. This concert is free and open to the public.

SKATING SEASON

The Fort Wainwright indoor ice rink is located in the Physical Fitness Center. Open skating sessions take place 5:30 to 7:45 p.m. Fridays and 1:30 to 4 p.m. Saturdays and Sundays. Lunchtime open skate is available Monday and Wednesday from 11:30 a.m. to 1 p.m. Tuesday and Thursdays the lunch hour is reserved for hockey. Calls 353-7223 for more information, rates are posted at [www.ftwainwrightfmwr.com](http://www.ftwainwrightfmwr.com).

WINTER GEAR

For heavy boots or ice skates check with the Thrift Store, their stock changes daily. The store is located in Building 1031 at the corner of 102nd and Chestnut in north post housing. For more information call 356-1211.

MILITARY DISCOUNTS

The ASYMCA offers discount hockey tickets for the home games in the Fairbanks Big Dipper arena, home of the Ice Dogs. ASYMCA sells tickets at their Fort Wainwright office, 1047-4 Nysteen Road. For more information, call 353-5962.

OFFICIAL INFORMATION

Fort Wainwright’s official Facebook page for installation news and events can be found at [www.facebook.com/FortWainwrightPAO](http://www.facebook.com/FortWainwrightPAO).

PUBLIC SAFETY NEWS

Fort Wainwright has a new, free, efficient system for notifying the community of emergencies and public safety information. The system enables subscribers to receive notification texts via their smart phones by sending a text message to “888777” without quotation marks and enter Fort Wainwright’s zip code “99703” to register. Subscriptions are available at [www.nixle.com](http://www.nixle.com). By registering via the Web, users can also elect to receive notifications via email or cell phone. Notices for the installation can be viewed via the website without registration by entering the zip code at [www.nixle.com](http://www.nixle.com).

FLU SHOTS

For more information on vaccinations call preventive medicine at 361-5182.

TUTOR.COM PRESENTATION

Pam Brehm, Tutor.com’s Director of Military Outreach, will be at the Fort Wainwright Youth Center, Building 4109, Wednesday, Dec. 5 from 2:30 to 5: 30 p.m. offering presentations about the Department of Defense funded program which provides personalized online tutoring and homework help with live experts at no cost to Military Families. This program is available to all children from kindergarten through grade 12. Many adult service members, their spouses and adult dependents can also get free college and resume help through Tutor.com. Go to [www.tutor.com/military/eligibility](http://www.tutor.com/military/eligibility) to check program eligibility.

LIBRARY NEWS

English papers don’t write themselves. English and math students needing assistance can make an appointment for tutoring at the Post Library, Building 3700. For more information, call 353-4137.

TWO-MINUTE WARNING

All units and organizations on post are required to develop a fire evacuation plan, including assembly area and occupant accountability procedures. Complete evacuation of structure within two minutes. Evacuation plans should include Soldiers and civilians and a designated assembly area for 100 percent accountability of personnel. To answer questions, contact your unit safety officer, Fort Wainwright Safety at 353-7079 or Emergency Services at 353-7889.

DIVORCE BRIEFING

Questions and concerns about divorce are addressed at weekly briefings offered by the Legal Assistance Office Tuesdays at 9 a.m. The divorce briefing is available to military members and spouses and is located in Building 1562 on the corner of Gaffney and Freeman Roads. For more information about legal services or an appointment, call 353-6534.

PREVENT ABUSE AND NEGLECT

Help for abused and neglected children is available locally and through a toll-free hotline. The 24-hour Child help National Child Abuse Hotline at (800) 4A-CHILD and on post, call Army Community Service at 353-7317. If you suspect a child is being hurt or neglected, contact the local police. Tips and resources are available for parents, educators, caregivers and volunteers at [www.mylarmyonesource.com](http://www.mylarmyonesource.com).

MILITARY CHILD, FAMILY THERAPY

Family members of active and retired military can consult the Child and Family Assistance Center for assistance with youth and Family issues. Individual and group therapy is available. Referrals are not required. For more information or an appointment, call 361-6284 or 361-6059.

PRE-RETIREMENT BRIEFING

A monthly summary of retirement benefits for those who are one to two years from retirement, presented by the Army Career and Alumni Program. To schedule Survivor Benefit Plan or SBP counseling and to register for the pre-retirement briefing call 353-2099.

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# Spartans honor fallen with monument

**Sgt. 1st Class Jason Epperson,**  
4th Brigade Combat Team,  
25th Infantry Division PAO

Family, friends and paratroopers gathered for a memorial dedication at the 4th Brigade Combat Team (Airborne), 25th Infantry Division headquarters Nov. 16, to honor Soldiers killed in action during the brigade’s recent deployment to Afghanistan.

Maj. Kenneth Bolin, 4-25th ABCT chaplain, led the invocation which focused on the sacrifices of the fallen.

“So strengthen us now, and in the days to come, so we may not forget the sacrifices of these men and the many more they represent,” Bolin, a native of Manlius, Ill., said.

Brigade Commander Col. Morris T. Goins spoke to a somber audience as he quoted the Preamble of the United States Constitution.

“We the People of the United States, in order to form a more perfect union, establish justice, ensure domestic tranquility, provide for the common defense, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity, do ordain and establish this Constitution for the United States of America,” Goins quoted.

“While these words of our Constitution of the United States are familiar to millions, few give real thought to their real meaning,” he said. “After all, they offer no guarantees to real freedom.”

Goins spoke of the sacrifices the fallen Soldiers made for their nation.

“You see the sacrifice of our fallen, our Families, our friends and our community,” Goins said. “We the people helped the people of Afghanistan have options to create a government of their very own that provides for their safety and happiness as well. In other words, we’ve given them an option. In order for our nation to continue to be the ray of hope for the world and our own people, we the people must continue to sacrifice.”

Several Family members of the Spartan Heroes, respectfully referred to as Gold Star Family members, listened solemnly as Goins openly grieved their loss.

“The Gold Star Families that are represented here today, as well as the paratroopers in our community, i.e., ‘We the People,’ have saved lives in Afghanistan, provided a foreign nation options and protected our Families so the future generations of Americans can be free,” Goins said. “Sadly, though, in our pursuit of freedom, we suffered fallen comrades. There are eight paratroopers and six Soldiers of Task Force Spartan who paid for our earthly freedoms.”

Goins then spoke to the friends and loved ones of the paratroopers being honored.

“For the fallen and to the Families, I will say this. I will honor you and the fallen by living my life to the fullest,” Goins said. “I will ensure that our children remain free and lastly, I will remember our fallen as they lived for what they stood for: something greater than themselves. To the Families and friends of the fallen, you are not alone. We are always here to talk, and more importantly just [to] listen.

A visibly moved Goins concluded his remarks with emotion.

“Today, there may be tears, and I will tell you and continue to tell you often, let the tears flow, for there’s more room on the outside than there is on the inside. I will share a quote with you that I love so much about tears. It is from Washington Irving who once said, and I quote, ‘There is a sacredness in tears. They are not the mark



U.S. Army Col. Morris Goins (Left), commander of the 4th Brigade Combat Team (Airborne), 25th Infantry Division, and Command Sgt. Maj. Terry Gardner, the Spartan Brigade’s senior enlisted Soldier, unveiled the memorial monument at Joint Base Elmendorf-Richardson. The ceremony was held to honor the fallen paratroopers the Spartan Brigade lost in their recent deployment during Operation Enduring Freedom XII and XIII. (Photo by Sgt. 1st Class Jason Epperson/4th Brigade Combat Team, 25th Infantry Division PAO)



Army 2nd Lt. Alfred G. Gee Jr., an operations officer with the 4th Brigade Combat Team (Airborne), 25th Infantry Division, hands a rose to a Family member during a memorial ceremony held Nov. 16 at the brigade’s headquarters building at Joint Base Elmendorf-Richardson. The memorial ceremony honored 14 Soldiers who were killed in action during the brigade’s recent deployment to Afghanistan. (Photo by Staff Sgt. Jeffrey S. Smith/ 4th Brigade Combat Team, 25th Infantry Division PAO)

of weakness, but of power. They speak more eloquently than 10,000 tongues. They are messengers of overwhelming grief ... and most importantly, unspeakable love.”

The names of the honored were read, followed by a moment of silence. The ceremony moved outdoors where Goins and 4-25th Command Sgt. Maj. Terry Gardner unveiled a stone monument to the fallen Soldiers. Their names were engraved on the stone.

After the unveiling of the memorial, a wreath was presented in front of it, followed by the firing of the volleys and the sounding of Taps.

Gold Star Family members were allowed to pay their respects first and take photographs of the

memorial stone.

The event touched several paratroopers who were deployed with those being honored.

Sgt. 1st Class Thurman Stubbs, the brigade’s Aviation Element noncommissioned officer-in-charge, said the memorial was a chance to show the Families how the unit feels.

“It’s a chance to honor those that we’ve lost,” Stubbs said. “It’s a chance to give those guys their just due. This also gives the Families a chance to see that we respect what their Family members did throughout that time and that we still care about them. We’re still thinking about them even though they’re not here.”



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